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BOSTON
Wednesday, August 22, 2012

ON THE ROCKS

Proposal to allow happy hour in Massachusetts gets icy reception from Boston bar owners at hearing Proprietors say changing the current law will cause overconsumption, too much competition {page 02}

sports

Metro's 2012 Fantasy Football Preview

Everything you need to know in preparation for your draft {page 23-24}

films

Don't call Dolph Lundgren expendable

The actor talks about putting his own story into this week's No. 1 movie {page 11}

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COURTNEY SACCO/METRO

▶ Police investigate the car driven by the suspect.

Police shoot, kill suspect in South End

Police shot and killed a man yesterday evening after he fled from officers during a traffic stop in the South End.

Police Commissioner Ed Davis said the incident started about 5:47 p.m. on Dartmouth Street when officers attempted to pull over the vehicle. Officers stopped the vehicle and the driver got out and ran for a few blocks before officers caught up with him on Yarmouth Place.

Police said he then produced a gun. Officers told him to drop the weapon, Davis said. They then fired at him.

The man, who was not identified, was hit once in the chest. He was taken to Boston Medical Center, where he died.

The two officers involved in the chase were taken to a hospital for evaluation. They were not hurt, Davis said.

"There are video tapes. There are witnesses who have come back to headquarters to talk to us," Davis said. There were surveillance cameras on some of the buildings and along the route of the foot chase, Davis said.

Davis did not say Tuesday evening why the man was being pulled over by police.

The incident happened in a busy South End neighborhood around rush hour. METRO/MN

In the news

160

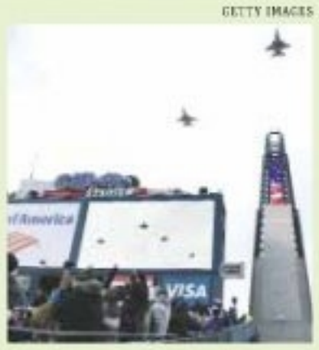
The Boston Police Department released data yesterday that says there have been 160 shootings in the city since January. Of those, 21 were fatal and 139 were not. Shootings so far this year are down by a total of seven compared to the same time period in 2011, when there were 30 fatal shootings and 137 non-fatal ones. METRO

Today's local tweet

"Whoooa the #MBTA announcement was A LADY OMG. I hope she and the man's voice are happy together."

@DERJUE ON T-SPEAKER ROMANCE

GETTY IMAGES



Crack down on Gillette parking

FOXBOROUGH. The quasi-parking business that has been in place for decades near Gillette Stadium will cease.

The Attorney General recently upheld a town bylaw that forbids parking in residential areas, WCVB reported.

For years, homeowners have sold discounted parking spaces on their lawns for people attending events at the stadium. Parking lot owners have said the practice was unfair because they have to pay fees and taxes. METRO

Couple drowns after dog jumps in water

WESTFIELD. A Westfield couple of 40 years drowned Monday after their dog jumped into a local pond.

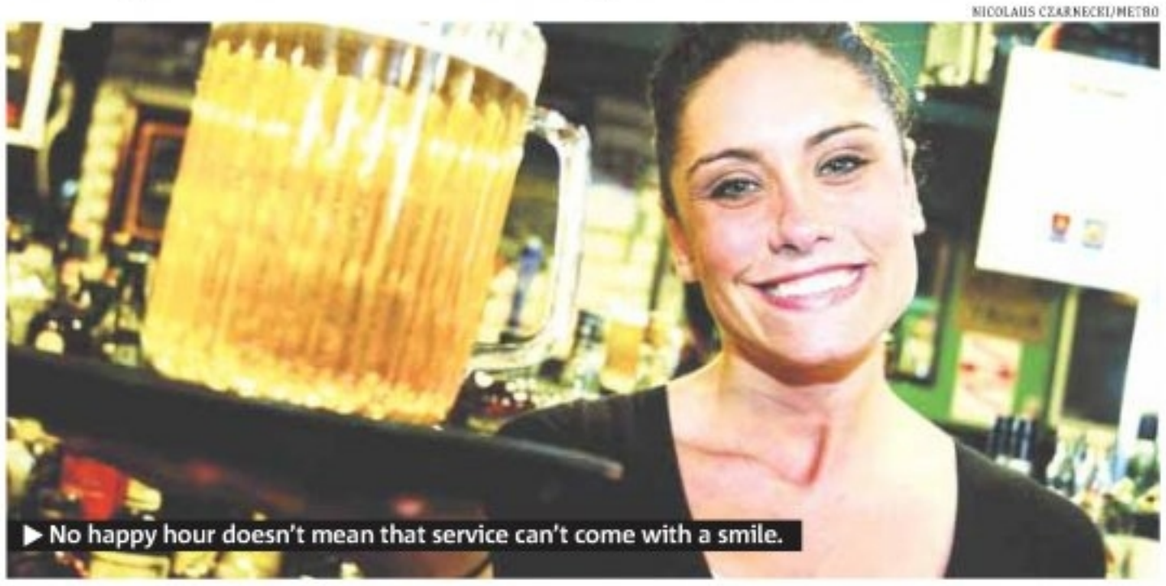
The couple were out on a homemade pontoon boat in Hampton Ponds when their terrier jumped in the water, the Globe reported.

Daniel Cyr, 64, went in after the dog, but began to struggle. His wife, Patricia, 61, jumped in to help, but she later died at a nearby hospital. METRO/BOSTON.COM

No smiles during talk of happy hour

- Owners of popular Hub bars and eateries voice opposition to happy hour
- Regulations are being reviewed by state alcohol control board
- Proprietors cite more competition and drunken driving as concerns

NICOLAUS CZARNECKI/METRO



▶ No happy hour doesn't mean that service can't come with a smile.

It appears it's still going to be a while before you're able to get discount happy hour drinks in Massachusetts.

Owners and representatives from dozens of the city's most popular bars and restaurants yesterday voiced their strong opposition to easing restrictions on the state's happy hour regulations.

"Happy hour only encourages overconsumption," said Austin O'Connor, head of The Briar Group, which operates Ned Devine's, The Green Briar, Anthem Kitchen and Bar, The Harp and other establishments. "Happy hour is absolutely a bad thing for our industry."

The comments were made during an Alcoholic Beverages Control Commission hearing in Boston yesterday, which sought input on a possible change to the state's happy hour regulations to prevent "unfair competition" from future casinos. The recently passed expanded gambling bill allows casinos to give free drinks to patrons.

Owners also cited concerns over openings by inexperienced restaurateurs, increases in drunken driving and being forced to compete against thousands of establishments versus one casino.

If happy hour regulations are eased, some owners said they would be forced to offer discounted drinks to compete and it would be a "race to the bottom" in the industry.

Red Paint Hospitality Group President Douglas Bacon said a change in the law would allow an under-capitalized operator to "undercut everyone else in the neighborhood."

MICHAEL NAUGHTON
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Group wants current law to stick

Currently, liquor regulations don't allow for free drinks or a variation in drink prices during a day or in a calendar week.

Representatives from the Massachusetts Restaurant Association also expressed their opposition to easing the restrictions.

State Treasurer Steven Grossman, who oversees the ABCC, wouldn't say yesterday where he stood on the issue, but did say he had "overarching concerns about public safety." METRO/MN

Not happy? No surprise

Brendan Nolan and Shauna Mullan, tourists from Australia, said they weren't surprised Boston, "an old-fashion city" as they described it, did not allow "happy hour."

The pair had just come from spending time in Los Angeles and Las Vegas.

"It's everywhere there," Mullan said of Los Angeles. METRO/MN

Some want changes

The commission held its fourth hearing yesterday, which was its only one in Boston. A commissioner said she has only heard one person speak in favor of easing the restrictions for a true "happy hour."

During the hearing, one group did speak up in support of easing the restrictions, but in a limited way.

A Restaurant and Business Alliance representative said the group supports limiting variations in drink prices to only two days per week versus seven. METRO

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In the news

Suspect sought in stabbing death

▶ Person of interest

BOSTON. Police are asking for the public's help locating a man who is a person of interest in a recent fatal stabbing. Rashad Lesley-Barnes, 24, was fatally stabbed after an argument with another man as the two got off of an MBTA bus in Roxbury Aug. 15. Police released photos yesterday of a man getting on the Rt. 23 bus at School and Washington streets in Dorchester. Another picture shows the man during the stabbing near Dudley Square. The photos were taken from the surveillance cameras on the bus. Lesley-Barnes' murder was the fifth in a violent four-day span last week during which another man was fatally shot and three women were gunned down. METRO

Boston is fifth-best city for Gen Y work

- Report says employees ages 18 to 29 earn more than No. 1 Seattle, but their commute is 10 minutes longer
- Age group is mostly employed by smaller firms

A study released yesterday calls Boston the fifth-best city for people between the ages of 18 and 29 to work.

Millennial Branding, a Boston-based research firm, and PayScale Inc. looked at factors like median pay, wage changes and commute times to come up with the ranking.

Seattle came in as the top city for workers in the age group known as Generation Y with a 23-minute average commute, a $44,000 median pay and a 4.4 percent wage change.

Boston has Seattle beat in terms of median wage. According to the report, the median wage for Gen Y workers in Boston is $46,000 — but the commute is about 10 minutes longer.

The report also says that Gen Y workers are not employed in large numbers inside America's biggest companies, but instead for smaller firms that offer flexibility and opportunity to use social networks at work without corporate guidelines.

"This report confirms that Gen Y is an entrepreneurial group, highly versed in social media, and prefers freedom and flexibility over big corporate policies," said Dan Schawbel, the firm's founder.

"While they are the future corporate leaders and changemakers, they are suffering in this economy by having to work in retail jobs over professional ones. A bachelor's degree can no longer be traded in for a job."

METRO/MR

By the numbers

5
Boston is ranked as the fifth-best city for Gen Y workers, with Seattle nailing first place.

3.3%
Boston has a 3.3 percent wage change over time.

$46,200
The median pay for Boston Gen Y workers is $46,2000.

29.9
That is how long it takes, in minutes, for the average 18- to 29-year-old to get to work in the Hub.

25%
Gen Y makes up about a quarter of the city's workforce.

In the news

Logan security agents to get retrained

BOSTON. Transportation Security Administration agents at Logan Airport will go through retraining sessions after reports surfaced of alleged racial profiling. Agents at Logan and other airports where a monitoring program is in place will have to go through four-hour training sessions on why racial profiling is not acceptable and why it's not effective to spot terrorists, according to the New York Times. The training comes after The Times reported dozens of agents in the behavior monitoring program were referring more black and Hispanic passengers for screening. METRO

▶ The TSA is investigating the claims.

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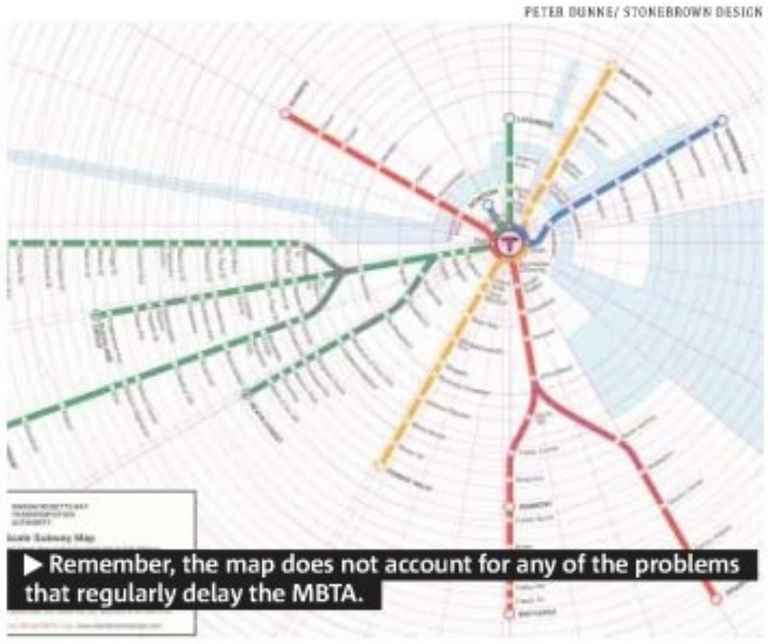
T times: Future Bostonian scales transit schedule

Graphic designer reshapes MBTA map as a hub with spokes Sketch shows how long a trip might take

PETER DUNNE/ STONEBROWN DESIGN



▶ Remember, the map does not account for any of the problems that regularly delay the MBTA.

A graphic designer and soon-to-be Boston resident recently created a time-scale map of the MBTA rail lines, offering a quick glance at how long a trip might take.

"It is a hobby for me. I pick up little graphic design projects for fun. This was my 'welcome to Boston' map, to introduce myself," Dunne said of the time-scale map, which he posted on Stonebrowndesign.com.

Dunne had already made a version for the Washington, D.C., public transit system when he moved there a few years ago.

"I was curious. I wanted to see what it would look like and how the stops were spaced by time," Dunne said, adding that on D.C.'s transit system, riders have more choices about what lines they can take to get from point A to point B.

"In Boston there is really only one route to get you there," he said.

The times are based on the MBTA's "Trip Planner," Dunne said: "There is a little bit of estimation that comes in there."

Dunne said he believes commuters often have a rough time planning their trips.

"You can't always count on schedules," he said. "The map is supposed to offer a quick glance to provide an understanding of how long a commute is going to take."

But when Metro asked the MBTA if it would consider offering a similar time-scale map to its customers, a spokesman said it's unlikely.

"The T loves seeing creative and innovative versions of our map. Over the last few years, it has been cool to see different mobile applications offered by third parties using different version of our map," said MBTA Spokesman Joshua Robin. "That said, we will be keeping our standard map."

So what has Dunne learned about his future commute? It turns out the reaction he has gotten from Bostonians since putting the map on his website has been just as informative as the map itself.

"I've learned I'm living on the least popular and least reliable line, the Green Line. That came through very clearly in the responses I've gotten."

MORGAN ROUSSEAU
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MBTA mascot, Charlie, to make his debut

Get ready, because for the first time ever, "Charlie" – the official mascot of the MBTA – will take a stroll around the city, promoting the CharlieCard and the MBTA's new CharlieCard Store at Downtown Crossing.

The mascot will make

appearances throughout the city starting at 9 a.m. today on the State House steps.

"By making Charlie one of the most ubiquitous figures in Greater Boston, more and more people will experience the benefits of using a CharlieCard," said MBTA General Manager Jonathan Davis in a statement yesterday. "In addition to making public transportation easy to use, the CharlieCard offers customers the lowest bus and subway fares." METRO/MR

STR/AFP/GETTY IMAGES

▶ Republican Representative Todd Akin resisted pressure to quit the U.S. Senate race in Missouri, releasing a new ad apologizing for his inflammatory remarks about rape.

Akin apologizes again, refuses to drop out of race

Representative Todd Akin, under fire for controversial remarks on abortion and rape, resisted pressure from fellow Republicans to drop out of the Missouri Senate race yesterday amid speculation over who might replace him on the Nov. 6 ballot.

Despite calls from throughout the Republican Party for him to step out of the contest against Democratic Senator Claire McCaskill, Akin — a staunch opponent of abortion — vowed to stay in the race, saying he represented a conservative movement that must be heard.

"We are going to continue in this race for U.S. Senate."

AKIN SAID ON A RADIO PROGRAM HOSTED BY FORMER ARKANSAS GOVERNOR MIKE HUCKABEE

"We are going to continue in this race for U.S. Senate," Akin said on a radio program hosted by former Arkansas Governor Mike Huckabee, an Akin supporter and favorite of religious conservatives.

"I believe there is a cause here, and there is a part of the message that's missing, and a lot of the people feel left out of the parties," Akin said.

Akin's comments came hours after he released an online video ad in which he again apologized for saying in a weekend television interview that it was extremely rare for women to get pregnant from "legitimate rape."

The comments sent waves of anxiety through the Republican Party at a time when it is trying to reach out to women and other voters in advance of its national convention next week in Tampa, Florida.

The controversy has given new hope to McCaskill, who in recent polls has trailed Akin in a race that is widely viewed as a barometer of whether Republicans can gain the four seats they need to take control of the U.S. Senate. **REUTERS**

'Raped women can't conceive' is straight out of 13th century

Akin is not alone in his view about rape and pregnancy, however. It dates at least to medieval times, when a 13th-century English legal tome called Fleta asserted that pregnancy was prima facie evidence against a charge of rape, "for without a woman's consent, she could not conceive."

A 19th-century book, "Elements of Medical Jurisprudence" by Samuel Farr, said that conception is unlikely "without an excitation of lust, or the enjoyment of pleasure in the venereal act." That reflected the common notion that pregnancy requires a woman, like a man, to reach orgasm during intercourse.

In fact, "human ... female orgasm is not necessary for conception," explained a 1995 paper in the journal Animal Behaviour, one of many studies reaching the same conclusion.

In more modern times, the rape-pregnancy claim seems to have been linked to the fact that stress can decrease fertility by affecting the area of the brain that controls the menstrual cycle.

But the stress that reduces fertility is the chronic kind that occurs over months or years, not the acute trauma of a rape. **METRO**

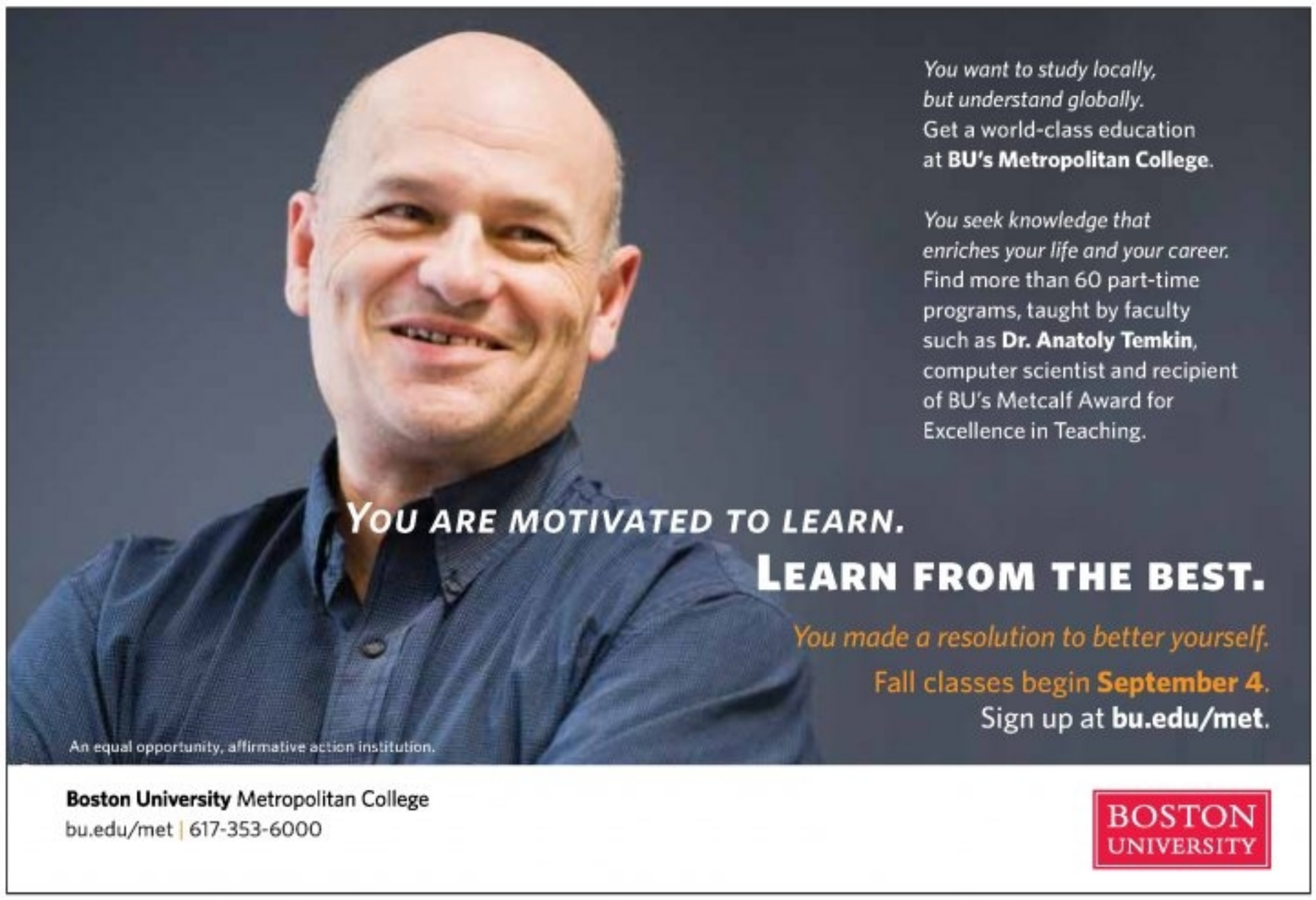
Dumb stuff they said about rape

1 **Whoopi Goldberg** said film director **Roman Polanski**'s sex offense against an underage girl wasn't 'rape, rape.'

2 **George Galloway**, British politician, this week said WikiLeaks founder **Julian Assange**, facing a sex assault trial in Sweden, couldn't be guilty of rape — just 'bad sexual etiquette.'

3 **Federal Judge James Leon Holmes** said in a 1997 article: "Concern for rape victims is a red herring, because conceptions from rape occur with approximately the same frequency as snowfall in Miami."

4 In 1995, Republican **Rep. Henry Aldridge** told the House Appropriations committee: "The facts show that people who are raped — who are truly raped — the juices don't flow, the body functions don't work and they don't get pregnant. Medical authorities agree that this is a rarity, if ever." **METRO**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Rising gas prices not a big concern for voters

Even as President Barack Obama considers using U.S. oil stockpiles to halt rising gasoline costs in an election year, a Reuters/Ipsos poll released yesterday shows economic pain at the pump is not a big concern for voters.

Fuel and gas prices ranked last among 10 factors that influence voters in evaluating Obama's job performance and the country's direction, the poll found. Health care, the economy and jobs top the list, with gas prices also lagging behind foreign policy, immigration and education.

"Gas prices, relative to the rest of this stuff, are much less important," Ipsos pollster Chris Jackson said.

"People talk a lot about how gas prices drive attitudes, but it doesn't seem to have a lot of impact either on Obama's job approval or how people see the country going," he said. "People seem to see gas prices as a separate issue the government doesn't have as much control over."

Gasoline prices, which had eased after the national average peaked at $3.94 a gallon in April, have climbed again in the last month and hit an average $3.72 a gallon on Monday.

Worried about high prices, the White House is considering a release of oil reserves from the U.S. Strategic Petroleum Reserve. **REUTERS**

$115

Brent Crude is closing in on $115 a barrel compared to below $90 a barrel in June.

FREDERIC J. BROWN/AFP/GETTY IMAGES

▶ Romney has not focused on gasoline prices in the four months since prices topped out.

News in brief

ALEX OGLE/AFP/GETTY IMAGES

▶ C-17 Transport

Top general's plane damaged by rockets in Afghanistan

KABUL. Insurgents fired two rockets at the main NATO airbase in Afghanistan, damaging an aircraft used by U.S. Joint Chiefs of Staff chairman Martin Dempsey, a NATO spokesman said yesterday. The general was not on board at the time.

Dempsey arrived in the country on Monday in a C-17 transport aircraft that was parked at Bagram Airbase, north of Kabul, when two rockets landed near the apron late on Monday night, slightly wounding two ground staff.

"He was nowhere near the aircraft. We think it was a lucky shot," NATO senior spokesman Colonel Thomas Collins said.

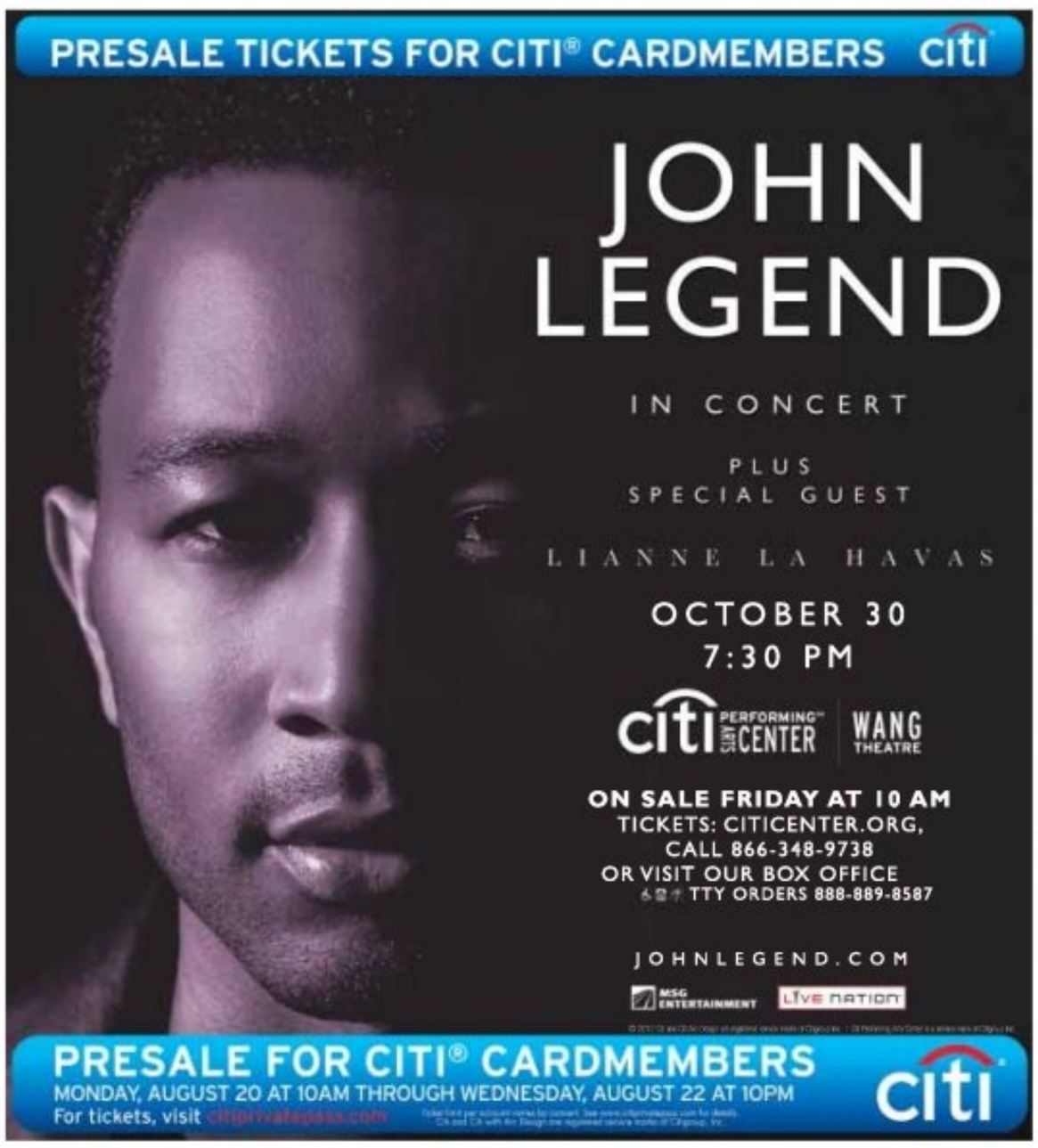
The aircraft was only being used temporarily by Dempsey and his staff. Shrapnel from the rockets also damaged a nearby helicopter. **REUTERS**

Peter Luger steak prices may soar thanks to drought

NEW YORK. The buttery porterhouse that Peter Luger steakhouse has served up since 1887 may be the next victim of the U.S. drought.

Steer that would normally be fattened and aged to produce the highest-grade steaks are instead being killed young and thin.

The worst Midwest drought since 1956 has sent the price of corn, the main ingredient in livestock feed, skyrocketing, raising beef prices. **BLOOMBERG**



In the news

Americans having fewer babies hurts consumer spending

The number of births fell to 3.96 million in 2011, and it may fall again this year to 3.94 million, forecaster Demographic Intelligence predicted in July. "A culture of risk aversion among young adults" is behind the drop, the Charlottesville, Va.-based firm said.

"Population is a very strong motivation for consumer spending," said Chris Christopher, director of U.S. and global consumer economics research at IHS Global Insight in Lexington, Massachusetts. **BLOOMBERG**

New study to inject stem cells into autistic kids

SPENCER PLATT/GETTY IMAGES

▶ A possibility may be that autism is related to a signaling issue, where cells in the body aren't connecting properly. Stem cells may help repair that problem.

Researchers are recruiting autistic children for a study that will test whether injecting stem cells banked from their umbilical cords can lessen symptoms and provide insights into the nature of the disorder.

While stem cells have been promoted, and sold, as a treatment for autism, few clinical trials have been conducted to see whether they're effective. The study, which begins enrolling patients today, is the first of its kind approved by the U.S. Food and Drug Administration to assess the use of stem cells as a potential autism therapy, said Michael Chez, director of pediatric neurology at Sutter Medical Center in Sacramento, Calif., and the principal investigator.

Autism hurts brain development and is linked to poor social interaction and communication skills, repeated body movements, and unusual attachments to objects.

"With this study we'll be able to answer in a firm way that this is truly an observed effect, or we didn't get an observed effect," Chez said.

Thirty children with autism, ages 2 to 7, will be divided in two groups, with one getting the stem cell injection and the other receiving a placebo shot. After six months, the groups will switch. Patients will be monitored for improvement in language as well as irritability and other autism rating scales. **BLOOMBERG**

1 in 88

About 1 in 88 children in the U.S. are diagnosed with an autism-related condition.

Metro PCS launches new unlimited data plan

MetroPCS Communications Inc., announced a promotional $55 4G LTE service plan that offers unlimited talk, text and data, after Verizon Wireless and AT&T launched plans targeting heavy data users.

The $55 price tag is for a single connection and families can get this offer for $50 per month on their second, third and fourth connections, the company said in a statement.

AT&T in July announced a new type of family plan that would significantly raise its fees for data services, such as mobile Internet.

Verizon Wireless, the biggest U.S. mobile operator, said in June it would offer unlimited calls and texts for $40 per month. **REUTERS**

Adults with celiac disease needed for a research study

The Celiac Center at BIDMC is investigating new treatments and tests for celiac disease.

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

Ryan Lochte to hand out roses?

With four years until he's due in Rio, Olympic swimmer **Ryan Lochte** is scoping out a side job in reality TV.

At the top of the list is "The Bachelor," whose producers have been informed that they'll need to come up with at least $750,000 for such high-quality abs. But even if they pay, Lochte may pass.

"Ryan is acutely aware that he has to attach himself to the right projects and endorsements that won't do damage to his all-American image," a source tells RadarOnline. "As much as he'd like to do it, Ryan does have some reservations about 'The Bachelor' because he wouldn't have any control on how he is portrayed on the show."

Ryan, at this point there's nothing more American than compromising your reputation, marriage and career in the name of fleeting fame. Consider this our blessing.

ALL PHOTOS: GETTY IMAGES

▶ We salute these shorts.

Bynes driving us crazy

Amanda Bynes has been slowly working her way up to a meltdown of **Britney** proportions for quite a while, but she's starting to pick up the pace. After being charged with a DUI in April and investigated for a possible hit-and-run just two weeks ago, the actress was involved in another car accident in L.A. on Monday night, reports E! Online. In the latest incident, Bynes' Range Rover was rear-ended, but neither driver was ticketed.

Amanda Bynes, even the girl who writes about your car accidents can afford a cab ride home. You're killing us over here.

Puerto Rico gets a little hotter

Hide your supermodels: **Leonardo DiCaprio** and **Robert Pattinson** are vacationing together, thanks to a little play date set up by mutual friend **Reese Witherspoon**.

"Rob was totally taken by surprise when Leo called him," a source tells PerezHilton.com. "He invited Rob along on a getaway he's planning when he's in Puerto Rico. Leo wants to book a mansion at a secret location on the coast so he and his pals can party in private."

▶ Why yes, Reese, we are impressed.

Talking points

'Office' hours are over after this season

It's quitting time at "The Office." Yesterday, NBC announced that this is the last season for the comedy, which star **Steve Carrell** has already departed. "All questions will be answered this year," exec producer **Greg Daniels** said in a conference call with reporters, according to TVLine.com. "We're going to see who is behind the documentary. [It's a] big Jim and Pam year. [Fans] will pleased and excited by what we have planned for them."

NBC

▶ We'll never forget you, Jim and Pam!

Does this mean liberty for Ross?

Rupert Sanders' wife, **Liberty Ross**, is trying to send a message with her latest blog post for Vogue UK, but it's not entirely clear what that message is. Ross — who hasn't updated the blog since news broke of Sanders' affair with actress **Kristen Stewart** — published an image of an eagle with its wings spread under the title "Liberty," prompting many to speculate she's leaving Sanders. Those who have commented on Ross' blog seem to be taking it that way, as well.

Hilary Swank calls things off with agent

Hilary Swank has reportedly split from boyfriend **John Campisi** after five years of dating, according to People magazine. The breakup apparently happened in May, a rep for the actress confirms to the magazine. The Oscar-winning actress began dating Campisi, then her talent agent, in 2007 shortly after her divorce from **Chad Lowe**.

No truth to reports of Scott's cancer

It appears there's no truth to the reports that director **Tony Scott** had been diagnosed with inoperable brain cancer before he decided to jump to his death from a bridge over Los Angeles Harbor Sunday. "According to family spokespersons, the information concerning brain cancer or an inoperable brain tumor in Mr. Scott is incorrect," a spokesman for the L.A. coroner's office tells People magazine. The initial report of a cancer diagnosis came from ABC News, citing an anonymous source.

▶ Tony Scott and wife Donna

2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@RedHourBen (Ben Stiller)
Tony Scott made so many movies that influenced so many others. A genre to himself. A real loss. He entertained so many people.

@mindykaling
"Oh no, I like the girl whose boyfriend I'm going to steal" is a subject of my first hit r&b song

@DebbieReynolds1
The world is a sadder place for all of us who love to laugh. I love Phyllis Diller. Comedy will never be the same and neither will I.

@Joan_Rivers
Hand specialists say one of the most common ailments they treat is "texting thumb." In showbiz it has to be "flipping-off middle finger."

Debbie Reynolds

You have our vote, zombies

1 Because politics aren't frightening enough, "**The Walking Dead**" staged an election-themed press conference in San Diego on Monday.

2 Holy '90s! **Alicia Silverstone** stopped by the Rockwalk in Hollywood on Monday to congratulate **Alanis Morissette**, who added her handprints to the collection.

3 That's right: **Vanilla Ice** — whose gigs are few and far between even for a white rapper — has "Wide Open" tattooed across his knuckles. Mr. Ice swung by "Good Morning America" on Monday in his finest gun-toting angel baseball hat.

4 **KEM** performed at the African World Festival in Detroit on Sunday.

5 A scrubby **Bradley Cooper** was hoping you'd get distracted by his pretty blue eyes when posing with **Victor Garber** in New York on Monday. It totally worked.

1. ROBERT BENSON/GETTY IMAGES
2. MICHAEL BUCKNER/GETTY IMAGES
3. RAY TAMARRA/GETTY IMAGES
4. PAUL WARNER/GETTY IMAGES
5. CINDY ORD/GETTY IMAGES

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Children's Hospital Boston

Finding his backstory

Dolph Lundgren on facing his past, doing Stallone impressions and why he initially said no to the second 'Expendables' installment

GETTY IMAGES

▶ Lundgren gives "The Expendables 2" a thumbs up.

It's no secret that '80s action film star Dolph Lundgren also has a degree in chemical engineering and gave up a Fulbright Scholarship to MIT to become a bodyguard for Grace Jones and eventually an actor. By complete coincidence, in "The Expendables 2," we learn that his mercenary character, Gunnar, gave up studying chemical engineering at MIT to become a bouncer at a club and shack up with an exotic girlfriend. How convenient.

Whose idea was it to make your character's backstory your own backstory?

That was [Sylvester] Stallone. I had reservations about the original script on the second [movie]. My character had been so fun to play in the first one. That was the reason I did the movie, and it felt like everyone seemed happy with it. Then in the second one, my character was just like a regular guy in the back with the rest of them, like, "Hey, can I throw a grenade? Can I kill someone, please?" And I didn't like that. I

"I had reservations about the original script ... 'Hey, can I throw a grenade? Can I kill someone, please?'"
DOLPH LUNDGREN

didn't want to make the picture — actually, I did turn it down. So then Stallone kind of came to me and said, "I'm going to think of something."

Did you have a say in how much his story matches yours?

It was all in there. I was a bouncer, and it had to do with Grace [Jones] — he fell in love with some girl who dances at a disco, which is kind of like Grace and the whole thing, right? Look, Sly made a career out of making his whole life into movies and it worked for him, so I did a little bit for me.

Was it common for you guys to slip in Stallone impressions on set when he wasn't around?

Yeah, and the Arnold [Schwarzenegger] one, too. "I'll be back." (laughs) I was at Comic-Con with them, and you're sitting at the panel with Arnold and Stallone, and you just don't say a word because what are you going to do? These guys are so famous that they're like almost beyond famous. Anybody can do their voice, everybody knows them in the whole world — in the fricking jungles of Malaysia, even.

When bringing in all these new characters, beefing up the cast, is there a worry that you're going to get crowded out?

Yes, I think it weighs on you incredibly. Part of the filmmakers' and the writers' task is, how do you give 10 co-stars enough screen time for them not to get upset or feel like they're getting lost — or for the audience to get their dose of Chuck [Norris] or whoever they want to see, Dolph Lundgren or Terry Crews or Stallone — well, Stallone gets a lot of screen time. [Laughs.]

NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

TV watch list

'Abandoned'

REALITY. Condemned buildings are treasure troves for Sellersville, Pa.-based Jay Chaikin and his team of scavengers, who find interesting architecture and design pieces buried beneath the dirt and dust and refurbish them to make a ton of cash. He uncovers pieces of Americana at an abandoned barn, house and mill in Maryland and at Philadelphia's historic Church of the Nativity tonight. **Series premiere, 9 p.m., Nat Geo**

'Top Chef Masters'

REALITY. The chefs bare all — all of their skills, that is — when challenged to prepare a brunch for Playmate Holly Madison. **10 p.m., Bravo**

'Royal Pains'

DRAMA. Gary Cole, everyone's go-to guest star, appears as an ailing polo team owner who becomes in need of HankMed's services when he won't stop playing during a Hamptons tournament. **9 p.m., USA**

JASON DUFNER/NGC

▶ Jay talks with his team about salvaging a shelving unit in a church on "Abandoned."

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4. you think your semen volume is low

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T|A|G
theater & arts guide

THEATER

Wax Wings Productions
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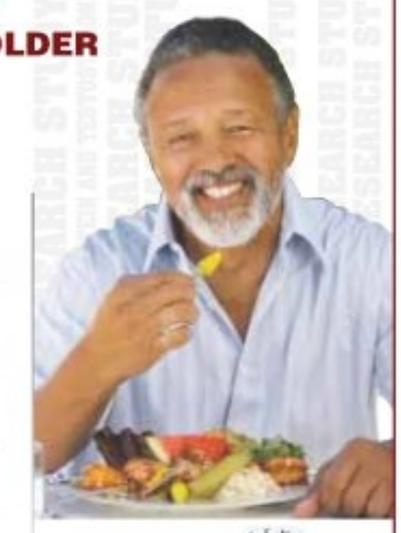

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5 Sneakers to slip you into the 1970s

The kicks

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2. Nike Classic Cortez vintage, $65, www.nike.com
3. Adidas Originals SL72, $91, www.asos.com
4. Onitsuka Tiger California 78, $86, www.onitsukatiger.co.uk
5. Maison Martin Margiela 22 men's replica, $419, www.oki-ni.com

Retro sportswear-inspired styles look just as great on your day off as they do when you're hitting the gym

RICHARD PECKETT
METRO WORLD NEWS IN LONDON

Style notes

A cold brew ... for his hair

Sure, dudes like beer and pretzels — but do they want to shampoo with them? Redken seems to think so. Its new shampoo gets rid of dirt and oil using three ingredients found in brews: malt (to condition), brewer's yeast (to strengthen) and orange zest (to purify). But don't worry about your boy smelling like the pub. The shampoo boasts a citrus scent with notes of musk and apple, which sounds like taking a stroll in the park with a stud. Just so it's clear — we're drawing the line at any kind of bacon-infused body wash.

Redken For Men Clean Brew extra cleansing shampoo, $12, www.redken.com

Nars brightens your day

"The best skin is skin that can reflect light," says Francois Nars, make-up artist extraordinaire. In order to help our skin glow, Nars has expanded into skincare territory with a new line of products. (Everyone knows that when your skin looks good, your make-up looks even better.) The nine-piece line called NARSskin ranges from a Gentle Cream Cleanser ($29) to an Optimal Brightening Concentrate serum ($72). The collection is made with the brand's exclusive Light Reflecting Complex, along with ingredients such as Polynesian seawater and algae extract (to clarify skin and moisturize), Vitamin C (to even skin tone and repair signs of aging), Beech Bud extract (to boost collagen) and Noni Fruit extract (to combat dull skin). TINA CHADHA

The NARSskin line hits counters Sept. 1 and is available now at www.saksfifthavenue.com

Kartell Boston moving sale

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college bound

What all parents need to know about move-in day

Don't send your freshman off without a proper game plan Advice from those who have been there, done that and have the extra mini fridge to show for it

After a last-minute trip to Bed Bath & Beyond for the crucial shower caddy and extra-long bed sheets, your college freshman should be good to go. But, let's face it — are you, the parent, equally prepared?

This bittersweet battle starts well before arriving home to your child's empty bedroom. It begins, in fact, on move-in day — the pinnacle of your parenting career up until this point.

Here's what experts have to say about making the right moves for move-in:

1 Know less is more, especially at first

"Initially, bring 100 percent of what's needed, but not 100 percent of what's wanted," says Marc Wais, NYU's vice president for student affairs. "Be Spartan and minimalist. Save the rest for shipping afterwards. It'll prevent heart attacks in 100 degree weather." This is especially important for city navigation, where "urban campuses are normally vertical, rather than sprawled for easy movement," he notes.

2 Keep an eye on the clock

"There will be some point in time when the university wants you to say goodbye," Wais cautions. "Don't hang around — it often embarrasses students and prevents them from forging their own beginnings." Colleges plan orientations carefully, "so be thoughtful by following the schedule as programmed."

3 Expect peace, not pandemonium

Marie Carr, author of "The Prepared Parent's Operational Manual: Sending Your Child to College," is a veteran move-in mom and reminds us that no one is as prepared as the college's staff. "You'll meet panels of experienced parents as well as teams of resident advisers, students and staff more than willing to guide you," she says. "There may even be city police directing traffic, and there will certainly be adequate free parking. Universities go out of their way for you."

4 Smile for the photograph

After a day of waiting for elevators and wrestling with packing tape, you probably won't be feeling photogenic. But before you leave, remember to snap pictures of that first day — the cap-and-gown portrait will be here before you know it.

TIFFANY KANG
letters@metro.us

Space notes

"Students should communicate clearly with roommates to find out who's bringing what," says Wais. "You don't want two of anything if you only need one, especially in a small room."

Meanwhile, save space by keeping it simple in the gadget department. "Computers can be DVD players. Cell phones can act as alarm clocks," notes Carr. "Simplify for the situation."

Quoted

"Students should communicate clearly with roommates to find out who's bringing what."
WAIS

▶ With a little planning, the big move can be a fun day.

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college bound

The first month of school: A college parent's guide

It's nearing the end of week one of freshman year. Maybe, confronted with the first heaping mess of his college clothing career, your son digs up some change and heads to the laundromat. Just as likely, he'll drag a hamper home for the weekend.

While some students see dormitories as arsenals of independence, others still depend on their parents. The key to a smooth transition is to maintain "a healthy level of interdependence," says Matthew Patashnick, director of parent and family programs at Columbia University. "Parents need to find a way to empower their freshmen while fighting the urge to act on their behalf."

Take academics: The jarring nature of university curriculum leaves many "moaning and groaning about the amount of reading to be done," says Marie Carr, author of "The Prepared Parent's Operational Manual: Sending Your Child to College."

Quoted

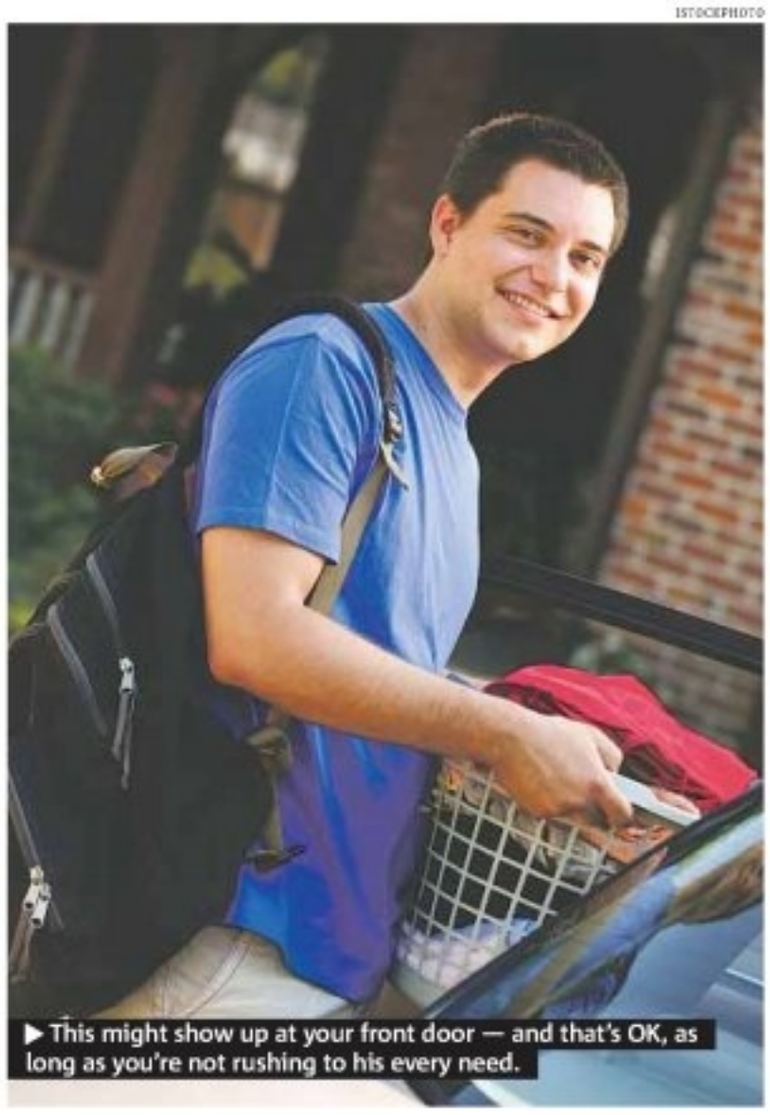
"Parents need to find a way to empower their freshmen while fighting the urge to act on their behalf."
PATASHNICK

But before you try to set up a parent-professor meeting, encourage your student to take initiative. "This is the perfect opportunity for them to discover campus resources such as academic advisors and free tutoring," says Carr.

Challenges often persist beyond the classroom. From complaining about food quality to demanding the replacement of an irksome roommate, the best solution requires "allowing the child to deal with uncomfortable situations on his/her own," says Patashnick. "Familiarize yourself with university support systems to point students in the appropriate direction."

TIFFANY KANG
letters@metro.us

ISTOCKPHOTO



▶ This might show up at your front door — and that's OK, as long as you're not rushing to his every need.

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college bound

Stay safe on campus this semester

When you think of customizable apps for the college crowd, the first thing that comes to mind is rarely public safety. But that's exactly the goal of Ping4 this fall. Using innovative technologies such as geo-fencing — which allows users to target a specific area — Ping4 enables students to notify others of a dangerous situation. If you witness a mugging, for example, Ping4 lets you tell all other users who are within the area. You can provide details on what you witnessed, and if you snapped a photo or video of the suspect, that can be shared with your entire network.

"Or how about a missing person," suggests Mike Welts, vice president of Ping4. "You can share a photo of them and provide a list of details. As time passes, you can increase the size of your geo-fence, alerting even more people. Rather than an alert that you would only know about if you were on a highway or listening to the radio, you just have to be near your phone to receive that report."

To customize, choose the kind of notifications you want. Non-driving city dwellers may not care about traffic issues, so they can skip those notifications. Those same people, though, might want to know about the monstrous hail storm approaching or robberies happening near their dorms.

JULIA WEST
letters@metro.us

▶ Think about campus safety before you arrive.

ISTOCK

School smarts

Apps are great, but some good old-fashioned common sense is necessary when it comes to campus safety. We hit up Dallas Jessup of Just Yell Fire — an organization that empowers young women to protect themselves against violence and abuse — for her back-to-campus safety tips.

1 "Before heading off to or back to college, check if your school has a late-night police escorting system. A lot of colleges will have a number that you can call late at night if you have to walk back alone and they will walk with you to keep you safe. Find out the number and pre-program it into your cell."

2 "Know your limits and values before heading off to college. Despite the fact that legally, if you're under 21, you should not be drinking, a lot of young adults do and therefore it is important to be honest with yourself and know your limits if you find yourself in a compromising situation."

3 "If you hear that a dorm or fraternity house has a bad reputation for rape, date rape drugs or similar issues, these rumors are usually out there for a reason. There are plenty of other places to be social, and until you know for certain that the reputation is false, go elsewhere just to be safe."

4 "Know your campus and surrounding areas ahead of time before you go for a run. Most girls love running outside and exploring the area around campus. But if you're not sure where you're going, you may find yourself in a sticky situation. Bring a friend if possible. This will make it more fun and safer, and always have a cell phone with you."

5 "Most importantly, always have a bag of tricks to utilize if you are ever in an attack situation."

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How to hydrate healthily

Eight cups of water a day — is that really necessary?
What to do if you hate the taste
Plus: What your pee is trying to tell you

With this summer's record heat, we asked Barbara Rolls, Ph.D., to explain how we can stay hydrated. Rolls is the Helen A. Guthrie Chair of Nutritional Sciences at Penn State and author six books — including both "Thirst" and her latest, "The Ultimate Volumetrics Diet."

LINDA CLARKE
letters@metro.us

Do we really need eight cups of water a day?

"Government dietary guidelines no longer give a specific recommendation on how much to drink, since healthy people usually take in plenty of water," she says. "The Institute of Medicine gives a general guideline of nine cups for women and 13 for men. All the water your take in counts toward these numbers — both that from food and water. Food contributes about 20 percent of the total in most people. ... [Your] urine should be pale in color. If it's darker and concentrated, then you should try drinking more water."

Does drinking too much cause fluid retention?

"It's unlikely that anyone gets into trouble by drinking too much, unless there's an im-

Q&A

Alcohol and caffeine both have diuretic action, causing the body to expel water. Can they cause dehydration?
"Only initially. The body will redress the balance quickly once you drink [water]. If you are trying to hydrate your body only with double lattes, that could be a problem!"

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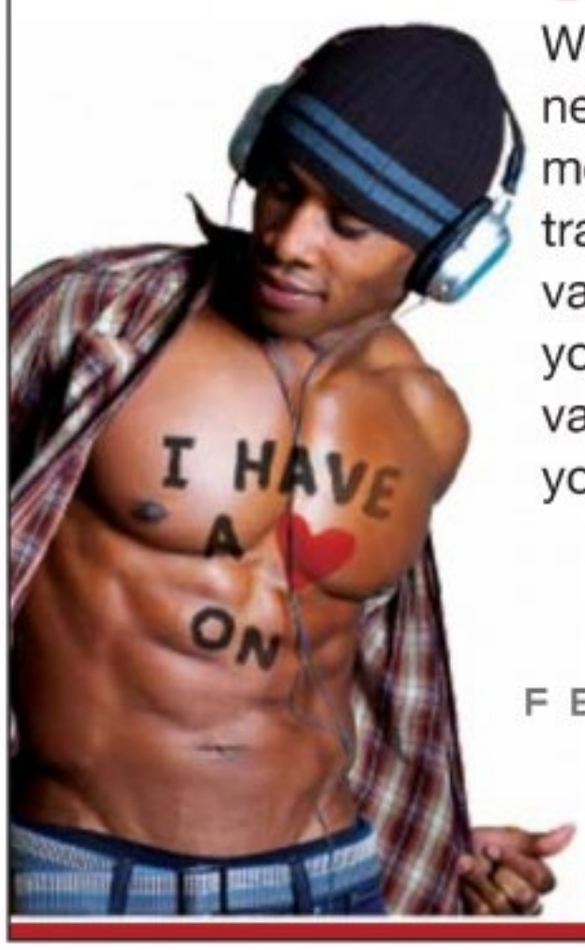

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DIGITAL VISION

▶ Guzzling water replaces the fluids your body loses through perspiration and respiration, according to "The Ultimate Volumetrics Diet."

pairment of the kidneys. Medication or stress could cause us to not offload fluids as efficiently — salty foods, too. But we have a very good regulatory system — it's exquisitely balanced."

What are symptoms of dehydration?

"The first sign is thirst, which is accompanied by unpleasant taste and which — as fluid deficits increase — has been described by people stranded in deserts as 'cotton mouth.' Dehydration also causes a lack of appetite, headache and dizziness. A sense of malaise is also a symptom. ... Dehydration in healthy people is rare; thirst happens before there is any serious water loss in the body."

What should we drink to hydrate healthily?

"Water is best. There are so many choices: You can jazz up your water with all sorts of flavors. Adding calories with sodas isn't healthy and sugary drinks don't quench thirst as well as water." For when water just won't cut it, Rolls writes in "The Ultimate Volumetrics Diet" that "fat-free milk, 100 percent vegetable juice or a small portion of 100 percent fruit juice" are good options.

Eat to get H2O

"We don't just get water from drinks," says Rolls. "A lot of our food provides the body with water." "The Ultimate Volumetrics Diet" advocates eating a high-water-content diet with plenty of these:

- Melons
- Berries
- Citrus
- Peaches
- Apples
- Lettuce
- Cucumbers
- Tomatoes
- Celery
- Peppers

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- Diagnosed with Bipolar I or II?
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- 50/50 chance of receiving either medication.
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~ Craig

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Letters

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Tax return debate can reform rates

Republicans should be proud that both Romney and Ryan are successful, pay taxes and have legally used the tax code to their advantage. That's the American Way. Rather than argue that two or five returns are sufficient, use the controversy as a campaign plank to overhaul the tax system and simplify it. Perhaps a flat tax is the answer on income above the poverty level.

ROBERT L. JACKOWSKI, NYC

Reading between Reagan's lines

Republicans in general, and Mitt Romney in particular, are fond of quoting President Reagan. However, in his refusal to make public his tax returns for the last 10 years, Mr. Romney has selectively ignored one of President Reagan's most often-cited quotation: "Trust, but verify." Mr. Romney wants the American people to trust him, but not to verify what he says.

MARK OROMANER, NYC

Kennedy said, "Ask not what your country can do for you, ask what you can do for your country" — and then he went and started giving away the farm (welfare, helping the poor, etc.). Reagan did something similar: He complained about how much debt the country was in, and then he went and tripled it. It's Machiavellian: You tell the people what they want to hear, and then you go and do whatever you want.

DON HUSKINS, VIA E-MAIL

All the world's a stage for the GOP

Mitt Romney and Paul Ryan's claim that the Affordable Health Care Act will rob Medicare of $716 billion is an adept sleight of hand — but this is simply not true. The $716 billion is the projected long-term cost savings in the Medicare program as a result of the health care legislation. And Ryan's recent appearance at an event in Florida with his mother, a Medicare recipient, was political theatre, presenting him as a defender of a program that he would like to privatize. **KEITH ERVIN, QUEENS**

Akins wrong doesn't represent the right

Rich Brittle says that Todd Akin's comments "prove the conservative attitude toward women's issues." Spare us the phoney outrage.

The guy truly believes that abortion is murder in all cases and made a mistake in framing his argument in an unproven medical statement — and he is paying the price by being asked to drop out. If this "proves" anything, it proves that people are willing to make asinine claims implying pro-life means pro-rape. If your assertion was correct, Republicans would be rallying around Akin like Democrats rally around Joe Biden when he pretends he's black.

KEVIN METZ, VIA E-MAIL

Court date needed to eradicate 'PC'

It is about time that we see "political correctness" for what it is: an assault on free expression. It is time for it to be challenged and defeated in a decisive "crash and burn" lawsuit.

MARVIN FINKELSTEIN, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♌ Leo **July 23-Aug. 22.** Take positive measures to fulfill your aspirations. You're presently in a brief cycle where your hopes have better-than-usual chances of being realized.

♍ Virgo **Aug. 23-Sept. 22.** One of your greatest assets is the ability to take the ideas of others and expand upon them in ways that could prove beneficial to everyone involved. Don't waste this gift.

♎ Libra **Sept. 23-Oct. 23.** Attitude is always extremely important, but a happy face can be more rewarding than usual today. If you think and behave like a winner, positive results are likely. Don't doubt yourself.

♏ Scorpio **Oct. 24-Nov. 22.** Lady Luck is likely to single you out in helping you reach a financial or career objective. She'll chart your path and open the doors, but the rest will be up to you.

♐ Sagittarius **Nov. 23-Dec. 21.** You could be in for a wonderful surprise when a situation that you've been fretting about turns out to be a boom rather than a bust. Don't doubt yourself.

♑ Capricorn **Dec. 22-Jan. 19.** There's no need to be resistant toward change, even if it's being imposed upon you by outside forces. Lady Luck herself is engineering this intimidating shift.

♒ Aquarius **Jan. 20-Feb. 19.** You could derive some extra benefits by treating business associates as if they were friends or comrades. A personal touch can be powerful.

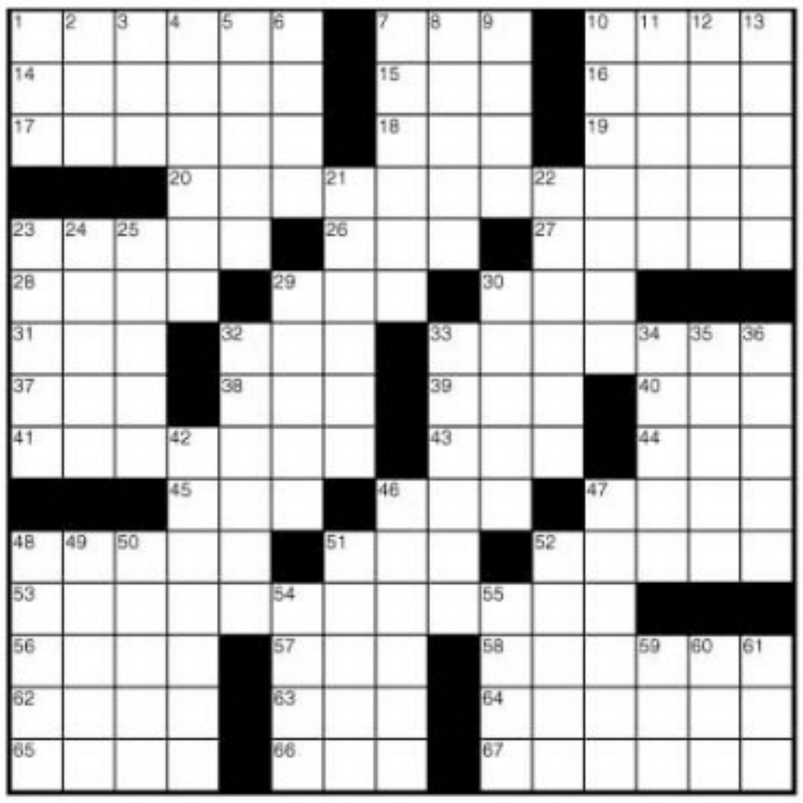
♓ Pisces **Feb. 20-March 20.** Be on alert for an opportune development involving your career. That big break you've been longing for might be ushered in through a set of fortunate circumstances.

♈ Aries **March 21-April 19.** Someone you know socially could be a big help when it comes to a nettlesome business issue. Listen carefully, and treat any tips or advice they have to offer very seriously.

♉ Taurus **April 20-May 20.** Provided you are prepared to follow an important endeavor to its conclusion, this could be an extremely productive day. The results you desire are indicated.

♊ Gemini **May 21-June 20.** An idea or concept that you've been mulling over has greater potential than you may realize. Talk it over with a trusted colleague who is as farsighted as you are.

♋ Cancer **June 21-July 22.** If your judgment tells you that the odds appear to be in your favor, make a move to better your financial situation. Sometimes it pays to take a calculated risk. **BERNICE BEDE OSOL**



Across
1 Hamster cousin
7 Maybes
10 Hard to find
14 Work too hard
15 Bruce __ of kung fu
16 Quit flying
17 Happen to
18 Capp comic __ Abner
19 "Nutcracker" costume
20 In the know (hyph.)
23 __ out (rescues)
26 Thunder Bay prov.
27 Out-of-date
28 Boulevard liners
29 __ alai
30 IBM competitor
31 Grassy field
32 Oxford tutor
33 Ennui
37 Drag
38 Luau strings
39 Narrow inlet
40 "Gotcha!"
41 NFL player
43 DC tax org.
44 Groupie
45 Box-office bomb
46 Lime cooler
47 Geologic sample
48 Smack
51 Mineral spring
52 Neighborhoods
53 Winter warmer (2 wds.)
56 Soul singer __ James
57 Tote
58 Gomer Pyle's cousin
62 Proofer's word
63 Yea, to a matador
64 Fictional Queen
65 Ripped
66 Storm center
67 Heavy hammer

Down
1 Dollop
2 Curie daughter
3 Sports "zebra"
4 Bench-clearers
5 Runs in neutral
6 Lie around
7 Urbana 11
8 Bluff
9 The mind's I?
10 Daily grind (2 wds.)
11 Grads
12 Ceremonies
13 Debussy music
21 Borrowed car
22 Pavarotti performances
23 With __ on (eagerly)
24 Kayak user
25 Flack's concern
29 Said in fun
30 Bete __
32 Great Lakes port
33 Kind of wreath
34 "Platoon" actor
35 Maureen of the screen
36 Horses' hair
42 Train
46 Orbit extreme
47 Bayou dweller
48 Thorax
49 Powerball, e.g.
50 Web-footed mammal
51 Rough, like a snake
52 Lagoon boundary
54 A woodwind
55 Birthday counts
59 Sleeping place
60 Joule fraction
61 Deli loaf

2	3		1					8
						4	1	
	4			6		9		
				4	2	1		9
4			6		3			5
3		1	8	7				
		4		3			8	
	7	6						
9					6		4	2

SUDOKU **LEVEL: EASY**

	4	9	6				5	
3						7		2
2					3	6		
		4	2		8		7	
			5	3	4			
	3		7		1	9		
		3	8					7
5		1						6
	2				5	4	8	

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

T	U	N	A	■	P	R	O	W	S	■	Y	I	P	E
W	R	E	N	■	L	A	T	H	E	■	E	T	A	L
I	S	A	K	■	U	N	T	I	E	■	T	E	L	L
N	A	P	L	E	S	■	P	R	A	I	R	I	E	
■	■	■	E	R	S	■	P	S	S	T	■	■	■	
C	O	N	T	R	I	V	E	■	■	L	O	P	E	S
H	U	E	■	■	G	P	A	■	■	A	D	O	P	T
E	N	S	I	G	N	S	■	A	B	S	E	N	C	E
A	C	T	O	R	■	■	U	T	E	■	C	O	M	
P	E	S	C	I	■	■	R	A	C	Q	U	E	T	S
■	■	■	D	A	R	N	■	K	E	N	■	■	■	
T	A	K	E	S	T	O	■	■	O	D	D	E	S	T
S	L	A	M	■	R	A	Y	O	N	■	O	L	I	O
A	S	T	I	■	I	N	U	R	E	■	C	A	N	T
R	O	O	T	■	A	S	K	E	D	■	K	N	E	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Dana-Farber's

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DANA-FARBER CANCER INSTITUTE

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Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

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Nou palé Kreyòl

September 2012	Site
Tuesday 4	Whittier Street Health Center
Wednesday 5	Joseph Smith Community Health Center-Allston
Thursday 6	The Dimock Center
Tuesday 11	Bowdoin Street Health Center
Wednesday 12	LMA- Boston Children's Hospital
Thursday 13	Brookside Community Health Center
Saturday 15	Martha Eliot Health Center – Health Fair
Tuesday 18	Joseph Smith Community Health Center-Waltham
Wednesday 19	Martha Eliot Health Center
Thursday 20	South End Community Health Center
Tuesday 25	Bowdoin Street Health Center
Wednesday 26	Roxbury Comprehensive
Thursday 27	Whittier Street Health Center

October 2012	Site
Tuesday 2	Bowdoin Street Health Center
Wednesday 3	Joseph Smith Community Health Center–Allston
Thursday 4	Manet Community Health Center – Hull
Thursday 11	The Dimock Center
Wednesday 17	Joseph Smith Community Health Center-Waltham
Thursday 18	Neponset Health Center
Tuesday 23	Natick – Cole Center
Wednesday 24	Martha Eliot Health Center
Thursday 25	Whittier Street Health Center
Tuesday 30	Bowdoin Street Health Center

Celebrating 10 years of Serving the Women of Boston

U.S. News ranks Dana-Farber/Brigham and Women's Cancer Center top cancer hospital in New England and fifth highest in the country

US News and World Report Best Hospitals Guide has ranked Dana-Farber/Brigham and Women's Cancer Center the top cancer center in New England and fifth overall in the country.

The center is a collaboration of Dana-Farber Cancer Institute and Brigham and Women's Hospital to provide comprehensive, specialized care for adults with cancer.

"The best cancer care comes from people who think about it intensely all the time," said Edward J. Benz, Jr., MD, president of Dana-Farber. "At Dana-Farber/Brigham and Women's Cancer Center, it also comes from the combination of personalized, innovative care, deep experience, and understanding of the many forms of cancer and the latest technology."

"This ranking is a clear reflection of the commitment and talent of the Dana-Farber/Brigham and Women's Cancer Center staff and employees who day in and day out deliver the best, safest care possible to our patients and their families," said Elizabeth G. Nabel, MD, president of Brigham and Women's.

This past May, U.S. News & World Report ranked Dana-Farber/Children's Hospital Cancer Center second among all pediatric cancer hospitals in the country and first in New England.

U.S. News & World Report publishes the hospital guide each year as a reference for patients who are reviewing their medical care options. RTI International, Research Triangle Park, NC, generated the 2012-13 rankings based on data provided on 4,793 hospitals in the U.S. The guide ranks medical facilities in cancer and 15 other specialties. The overall score is based on professional reputation, mortality rates, patient safety, and a grouping of care-related factors such as nursing and patient services.

Dana-Farber Cancer Institute www.dana-farber.org is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

Do you remember your first day of school?

For thousands of children across the state, the first day of school is an exciting new endeavor; however for some children, the first day of school can be a source of anxiety of not having the appropriate school items, and ultimately not fitting in with their peers. Children living in low-income or homeless situations often begin school significantly behind their peers in key areas of development, putting them at a greater risk for dropout and grade retention.

Cradles to Crayons Ready for School program focuses on distributing these essential materials school age children need to arrive

at school ready and excited to learn. This includes our customized packages, filled with clothing for a week, shoes, books, and developmental toys, as well as brand new backpacks filled with age appropriate school supplies.

One of our social service partners told us about a family they work with. Ismael, Edward and their mom are living in a hotel while waiting for permanent housing. Ismael is a happy child, though he is suffering from serious medical issues requiring frequent hospitalization. Edward is an active boy and will be starting school in the fall. It has been very difficult living in such a tight and unstable place. The boys are currently using their mom's pocket-book or plastic bags to carry their belongings. It would mean so much for each boy to have their very own backpack to take to school or to and from the hospital.

Cradles to Crayons

Join us in helping children like Ismael and Edward get ready to learn from head to toe. Make a contribution of $15 that will provide a backpack or donate new or like-new clothing and shoes to provide children with the apparel they need to feel valued on the first day of school.

For more information, visit: www.cradlestocrayons.org

Founded in 2002, Cradles to Crayons provides local children from birth through age 12, living in homeless or low-income situations, with the essential items they need to thrive – at home, at school and at play. We supply these items free of charge by engaging and connecting communities that have with communities that need.

August is National Breastfeeding Month

"Malnutrition is responsible, directly or indirectly for about one third of deaths among children under five….In infancy, no gift is more precious than breastfeeding; yet barely one in three infants is exclusively breastfed during the first six months of life." World Health Organization

It is well documented that breastfeeding provides newborns with all the nutrients they need. Additionally, the immune factors in breast milk help to protect babies from certain viruses and other conditions. Babies who have breast milk have a lower incidence of:

- Sudden infant death syndrome (SIDS)
- Asthma
- Allergies
- Diarrhea
- Ear Infections
- Childhood Obesity
- Childhood Cancers

Babies deserve the best chance for a healthy start. Celebrate the future of healthy babies and support breastfeeding. Together we can make a difference and our nation's healthy future depends on it!

I take care of my diabetes and blood pressure...

so I can remain independent.

I know that if I take care of my diabetes and blood pressure, I have a better chance of avoiding the severe health problems that could take away my independence. So I eat right, exercise moderately, and take my medications. Taking care of myself is easy compared to what I could face if I don't—complications like kidney failure, heart attack, and stroke. Talk to your health care provider to find out how to live well with your diabetes.

Learn more at www.nhp.org/diabetes

nhp.org

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Astigmatism Correction Now Available
Am I a candidate?

If you have been considering vision correction and were discouraged because you were told you have astigmatism and your correction was not treatable with LASIK, New England Eye Center has fantastic news for you. Not only can we treat Astigmatism with the iLASIK™ procedure, the cornea trained physicians at New England Eye Center now offer the most advanced procedures available to treat a variety of vision correction disorders.

What is astigmatism?

Astigmatism is a condition where vision is blurred by asymmetric steepening of the cornea or crystalline lens. Patients with astigmatism may not only notice blurring of vision at both distance and near, but can also note shadowing or ghosting of images as well. These vision symptoms are caused when light entering the eye is refracted or bent to multiple points in the eye, resulting in an out of focus image. Astigmatism is very common, and occurs in about 1 in 3 people.

Astigmatism can be easily corrected by contact lenses or eyeglasses. However, if glasses or contacts are troublesome, or not tolerated, there is another option. New England Eye Center offers many alternatives to glasses and contacts for the correction of all types of refractive error, including astigmatism. Custom LASIK and PRK are available not only for near and far sightedness, but for the correction of astigmatism as well. For cataract patients, astigmatism can be either treated with incisions made during cataract surgery, or with implantation of advanced lens technology.

Why should I have my Astigmatism treated with a surgical alternative to contacts and glasses?

If left uncorrected Astigmatism can cause eye strain, headaches and difficulties in everyday tasks from reading to working to outdoor activities. While glasses and many contact lenses are on the market to effectively correct astigmatism, if you are uncomfortable in either, it is important for you to know you have options. While glasses are your safest alternative, many people either are not able to tolerate their entire astigmatism correction in eyeglasses, or do not achieve the clear vision they desire or need for everyday living. Contact lenses, worn and cared for properly are a wonderful alternative to glasses. However, contact lenses are not without risks, and are not well tolerated by everyone. Many people are contact lens intolerant, whether due to underlying dry eye, reaction to contact lens solutions, or corneal inflammation or infections due to contact lens wear. For these patients, contact lenses are no longer an option and eyeglasses do not allow for functioning at the highest level.

What other procedures are available to me to correct my vision?

The physicians at New England Eye Center routinely perform LASIK and PRK, however there are lens procedures for patients which can also provide freedom from contacts and glasses. The Visian implantable collamer lens, which has the added benefit of being removable, can treat a wide variety of patients who are nearsighted and it is also a wonderful alternative for patients with dry eye issues or people who do not qualify for LASIK. For patients who have added reading glasses to their vision correction needs, many options are available, including monovision and conductive keratoplasty. For patients with a cataract, intraocular lenses are available that offer improved freedom from glasses at distance, intermediate, and near vision. These include the Crystalens accommodating lens, as well as the Restor and Tecnis multifocal lenses. For our cataract patients with astigmatism, Toric intraocular lenses can be implanted to neutralize their astigmatism.

When you are ready to call us, New England Eye Center will be honored to be your vision care provider. Call 1-888-515-2745 or 1-617-636-7800 or visit us at www.mylasikdoc.com to book a complimentary screening or request an informational package.

iLASIK
for Astigmatism

At New England Eye Center, our world-class surgeons specialize in the treatment of all types of Astigmatism. That's great news for everyone who wears glasses or contacts and thought they were not a candidate for LASIK. Call us today for your complimentary, no obligation LASIK consultation and see the world as it was meant to be seen.

0% Interest 24 Months

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617-636-7800

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Tufts Medical Center

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5 EXCUSES NOT TO EXERCISE (AND HOW TO BEAT THEM!)

You have a family to take care of, you have too much work to do, the weather isn't perfect – it seems like there's always something getting in the way of getting fit. Take a look at some of the most common excuses for not moving your body – and our tips on how to beat them!

1. I'm too busy!
This is the excuse we hear the most. Life moves fast sometimes, and it's not always easy to keep up. But if you don't put aside time to keep yourself healthy, keeping up can get even harder. When you take care of yourself, you're making it easier to keep taking care of the important people in your life. A quick walk before you start your busy day can help you wake up and build energy. Or, a walk before supper can help you unwind when you're tired after a long day.

2. It's too hard!
When you're new to it, exercise can seem really difficult. But the more you do today, the more you will be able to do tomorrow. As you build your strength and endurance, it will get easier. Talk with your doctor before starting an exercise program if you are older or have health challenges – he or she will likely tell you to start with gentle, low-impact movements and progress at your own pace, as your health allows.

3. It's too hot!
We do have more than our share of hot, muggy days in August. And in New England, many of us don't have central air conditioning since it's only really hot a small part of the year. So on those really hot days, while you don't want to push yourself too hard (exercising too hard in the heat can be dangerous!) you can still get exercise by swimming at your local public pool. That's good exercise, too – and as long as you wear the proper sunscreen and drink plenty of water, it's a safe bet for those extra-hot days.

4. It's too cold!
In winter months, you can still get outside for some exercise. Just wear clothes that will keep your hands, feet, and head warm, and shoes that won't slip on patches of ice. If you plan to exercise hard, dress in layers, so you can take something off if you get too warm. You're never too grown up to play in the snow, as long as you stay aware of your surroundings and keep warm.

5. I can't afford a gym membership or exercise class!
Fortunately, there are lots of ways to exercise that are low-cost or free. For example, all you need is a good pair of sneakers to walk indoors at a mall – so you can stay cool in the summer, and warm in the winter. A milk jug filled with water makes a great hand weight – and you can make it heavier or lighter by adding water in or pouring some out. And if it fits your budget, there are many local gyms that offer low-cost or no entry fees, plus low-monthly rates.

For more tips on how to get and stay healthy, check out the Living Healthy section at ChooseBMCHP.com

Brought to you by BMC HealthNet Plan, serving over 240,000 members throughout the state. ChooseBMCHP.com

Moving is the best medicine. Keeping active and losing weight are just two of the ways that you can fight osteoarthritis pain. In fact, for every pound you lose, that's four pounds less pressure on each knee. For information on managing pain, go to fightarthritispain.org.

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FANTASY FOOTBALL 2012 DRAFT GUIDE

Athletes win

At many points this season, Julio Jones is going to catch a quick-hitting wideout screen. So will Stevie Johnson.

However, there's a big difference here. Jones is a threat to bust a tackle, leap over a linebacker and outrun a corner to the house. Johnson simply isn't capable of that.

That seemingly small variation is the underlying theory that should be driving our fantasy drafts. By targeting the biggest, baddest, fastest and strongest athletes, we give ourselves an inherent advantage.

It's because the most athletic guys are the ones that get yards when they aren't there. They are the ones that get their number called near the end zone. Coaches give them the playing time.

So when you're on the clock at your draft, think about getting the freaky athletes. Jones is 6-foot-3 and 220 pounds with 4.39-second 40-yard speed. If you choose to go quarterback early, look at the unique running ability of Cam Newton. Jake Locker (see below) combines elite arm strength with fearless scrambling skills.

The position where we really need to be careful is at running back. Plodding backs that don't contribute in the passing game don't fit in today's NFL. You want to look for explosive runners like Chris Johnson or LeSean McCoy — even unheralded young players like DeMarco Murray. The likes of Shonn Greene, BenJarvus Green-Ellis, LeGarrette Blount, Michael Turner and Cedric Benson aren't athletes. Therefore, their workload and effectiveness will suffer.

And that's not a winning formula.

48
catches last season for Titus Young as a rookie. The speedster is ready to take over for Nate Burleson as the No. 2 receiver in Detroit.

ADAM LEVITAN
alevitan@metro.us

Julio Jones is a threat to bust a tackle. Draft him early.

Must-own players

Take these three in the middle rounds and watch them break out:

QB MATT RYAN

Target in Round: 5
Why: Under new OC Dirk Koetter, the Falcons are shifting to a pass-first, up-tempo philosophy. Ryan has two elite wideout weapons and is entering his prime at age 27. He's going to have a career-best season.

WR BRANDON LLOYD

Target in Round: 5
Why: The last time Lloyd and Pats OC Josh McDaniels were together (Denver, 2010), he went off for 1,448 yards and 11 TDs. Kyle Orton and Tim Tebow were his QBs that year. Tom Brady is his QB now.

RB KEVIN SMITH

Target in Round: 7
Why: Jahvid Best (concussions) is done and Mikel Leshoure (Achilles) is in trouble. That leaves Smith as a perfect fit in the Lions' pass-happy scheme.

SLEEPER

Jake Locker, QB: The quarterback's 40-yard dash time at the 2011 NFL Combine was 4.59. He may run his way into top-10 QB status.

Don't-touch players

Scratch these prime bust candidates off your draft board:

RB FRANK GORE

Where he'll go: Round 4
Why not: The Niners know that Gore is declining at age 29. They brought in Brandon Jacobs, drafted LaMichael James and are talking up Kendall Hunter. Also, Gore is no longer a threat in the passing game.

QB MATT SCHAUB

Where he'll go: Round 9
Why not: When Schaub was lighting up box scores, the Texans were a pass-happy team with a poor offensive line. Now they have an elite defense and the best run-blocking line in the league. Schaub won't be asked to win games.

RB ADRIAN PETERSON

Where he'll go: Round 2
Why not: Backs one year removed from an ACL tear almost never reach their previous form. Peterson won't get a full workload and won't be as explosive.

SLEEPER

Evan Royster, RB: Royster averaged 5.9 yards per carry last year. He's going wire-to-wire as the leader of Redskins' RBs.

In the news

Fanene out

Nearly every preseason, the Patriots seem to make a curious roster decision or two. The 2012 version occurred yesterday when New England cut one of its marquee free agent acquisitions, defensive lineman Jonathan Fanene. The former Bengal was reportedly not healthy this summer as he battled a knee injury.

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All resumes will be reviewed and interviews with qualified applicants will be scheduled for the day of the job fair.

EOE M/F/D/V

The cream of the NFL crop: Overall top 12 for drafting

1 Arian Foster, RB, Hou. — Dominant all-around talent and is playing with the game's best run-blocking line. Just make sure to handcuff talented back-up Ben Tate.

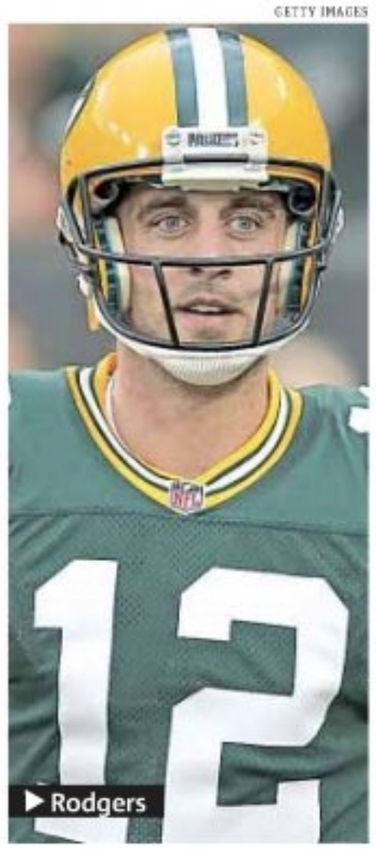
2 LeSean McCoy, RB, Phi. — Andy Reid loves to ride his workhorse backs into the ground. McCoy finds yards where other backs don't.

3 Ray Rice, RB, Bal. — A three-down, pass-catching and goal-line back that is one of the most durable players in the NFL. Can't go wrong.

4 Darren McFadden, RB, Oak. — He's long overdue for some luck regarding injuries. When healthy, there isn't a more talented back.

5 Chris Johnson, RB, Ten. — Johnson finally appears motivated and in tip-top shape after last year's disaster. He's looked better in preseason. He'll find more room to run as the Titans shift to a spread offense.

GETTY IMAGES



▶ Rodgers

6 Calvin Johnson, WR, Det. — Megatron is the best player in the NFL, regardless of position. He'll see fewer double-teams this season with Titus Young stretching the field deep.

7 Aaron Rodgers, QB, GB — A-Rod will almost certainly lead all fantasy players in raw points. Like so many other quarterbacks, his floor is extremely high. But it's by far the deepest position in all of fantasy.

8 DeMarco Murray, RB, Dal. — Murray has been among the stars of Cowboys camp while incumbent top running back Felix Jones has struggled badly.

9 Matt Forte, RB, Chi. — The Bears' offense is set to explode, and Forte is in the middle of it. Biggest concern is Michael Bush vulturing goal-line work, but Forte is a value at the ultra-thin running back spot.

10 Ryan Mathews, RB, SD — He's out with a fractured collarbone right now, but once bones heal they are all good. The Chargers are still counting on Mathews as a workhorse.

11 Julio Jones, WR, Atl. — The Falcons are going to ride or die with Matt Ryan's arm this year. That means a ton of deep shots to Jones, who is ready to become a household name in the NFL.

12 Jimmy Graham, TE, NO — Tight end isn't quite as deep as you think. Graham hasn't even scratched the surface of his talent and doesn't have as much competition for targets as Rob Gronkowski.

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at home with metro

Paterson

The Spring '12 runway brought pastels back into our lives ◗ Now the unassuming color palette is seeing a gentle resurgence in our homes, too ◗ Put away your 'Miami Vice' memories and give the trend a second look

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The mention of pastels is enough to make some people cringe. It's a color palette for which Queen Elizabeth II shows a fondness and probably the reason why so many of us associate pastels with the aging set (or the 1980s). However, it's had a comeback — the spring/summer '12 runways were full of Easter-egg shades.

Interior designer Sophie Paterson, author of "Style and Glamour," says it's due to people being "fed up with totally neutral color schemes. Whilst anyone can throw a taupe scheme at a room, it takes a bit more skill to pull off a scheme using color accents," she says. Not to mention, "pastel colors are very calming and uplifting." She shows us how to incorporate the pale hues in our home without turning the place into a macaroon box — although that wouldn't be so bad.

Add accents

Rather than turning your space into a pastel chalkboard, you may prefer to give a nod to the trend with artfully selected accessories. Paterson says, "Ceramic vases work wonderfully in pastels. Abstract oil paintings with a touch of pastel in the paint colors, or even rustic linen cushions with a shot of pastel velvet, are particularly sophisticated."

Urban pastels

Pastels can read bucolic, and that's not usually a favored look amongst savvy urban dwellers. Paterson suggests using "soft feminine colors as a contrast with clean-line furniture, particularly dark pieces such as gray-stained oak. It prevents the color scheme from appearing too twee."

Layering is key

"You need to use a variety of textures: velvet, silk, linen and wool all work well in juxtaposition. For example, shiny against flat," explains the London-based interior designer. She continues, "I like to start with a neutral base (sofa, wall and floor) and build up the layers using colors and accessories to add depth and interest."

Spring thinking

Reinvigorate your apartment with a dash of color, says the expert — and act fast. "Pastels are particularly relevant for warm weather seasons. I'm loving dusty pastel green."

RICHARD PECKETT
METRO WORLD NEWS IN LONDON

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By Attorney George Warshaw

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Google the story of Sibylla Nash ("The Mistake that Plunged My Credit Score 200 Points") who helped a friend. When the friend missed three payments, Ms. Nash's credit was ruined – and she had to pay her friend's mortgage!

So think twice (or three times) before you co-sign a loan – and speak with a lawyer before you do. © 2012 George Warshaw.

GWA

George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

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